



MY BABY



# My baby's birth record

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Time: \_\_\_\_\_

Weight: \_\_\_\_\_

Length: \_\_\_\_\_

Head Circumference: \_\_\_\_\_

Place of Birth: \_\_\_\_\_

Hospital: \_\_\_\_\_

City/Co.: \_\_\_\_\_

State: \_\_\_\_\_

Health care giver present at birth:

\_\_\_\_\_

Other people present at the birth:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Any special conditions or advice:

\_\_\_\_\_

\_\_\_\_\_

# After my baby is born ...

## TAKING CARE OF BABY ...

- Talking to, touching, and holding your new baby in the delivery room is good for you and your baby.
- This is a wonderful time to start breastfeeding. Tell your care giver not to let anyone else feed your baby so that your baby will only get your breast milk.
- Your health care giver will examine your baby right after birth, checking appearance and color, reflexes, breathing, heart rate, and activity to see whether your baby needs any special care.
- Ask to have your newborn placed beside you in bed. Touch and hold your baby, and get to know how your baby feels.
- Your baby may look different from the way you expected. Ask the hospital staff if you have questions about the way your baby looks.
- Ask the staff to show you how to take your baby's temperature and read the thermometer.
- All infants should be protected against hepatitis B. Some doctors recommend the first shot be given before going home from the hospital.
- You should take your baby to see the doctor when your baby is about 1 week old unless you are told to come in sooner. Call your baby's doctor right after your baby is born for an appointment.
- Before you and your baby leave the hospital, a few drops of blood will be taken from your baby's heel to check for some rare problems.
- You will need a car safety seat (marked "federally approved") to bring your baby home. It is the law—your baby must always be in an approved safety seat when traveling in a car, van, or truck. Ask your health care giver, the hospital where you deliver, or health department about programs that loan federally approved car safety seats.

**If you or the baby's father have any questions about how to pick up, hold, feed, bathe, diaper, or dress your baby, ask the hospital staff to help you.**

Your new baby needs all of the love and comfort you can give. You cannot love a baby too much. Your entire family can share in the joy of this love.

Next appointment for my baby: \_\_\_\_\_

# Caring for baby at home ...

Most newborn babies spend most of their time sleeping and eating. You want to make sure that baby has a safe place to sleep and is put to sleep in a safe position.

- A safe crib will have slats no more than 2 3/8 inches apart and corner posts less than 5/8 inch high above the rails.
- Baby should sleep on a firm mattress that fits tightly in the crib, cradle or bassinet.
- Do not put pillows, comforters or other soft padded materials in the bed under the baby.
- Put healthy infants to sleep on their backs or sides.
- Keep the sides of crib raised when baby is sleeping in it.
- Try to keep sleeping newborns away from pets, other children and large overstuffed toys.
- Don't let people smoke around your baby. Your baby's lungs are delicate. Babies are not as resistant to respiratory infections as their parents.

Instructions for taking care of my baby after leaving the hospital:

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# What to feed my baby ...

- Breastfeeding is the best way to feed your baby. It will help you and your baby build a special closeness. It also will help protect your baby from some infections. Breastfeeding is usually easy, but if you have questions about breastfeeding, ask your health care giver.
- Newborn babies need to eat every 2 to 3 hours.
- For the first 5 to 6 months, feed your baby only breast milk or formula.
- Be sure any formula you give your baby is fully iron fortified.
- If you bottle feed, be sure to keep bottles and nipples very clean. Follow the directions on the container for fixing the formula. Hold your baby whenever you are giving the bottle. Enjoy the warmth and closeness between you.
- At about 5 months, start your baby on one new food at a time. Ask your baby's care giver about the best time to start solid (strained or mashed) food and juice for your baby.
- Ask your baby's health care provider what foods to give baby first, and which foods to avoid.



Feeding advice or instructions from my baby's health care provider:

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If you need help, the WIC program may be able to give healthy foods for you and your baby.

# When to take my baby to the doctor or clinic ...

You need to take your baby for a health care checkup about 6 times in the first year and about 4 more times up to age 2, in addition to any times you take your baby to the doctor for problems. Go for the first checkup about one week after your baby is born, unless you are told to come in sooner.

These checkups are important, even if your baby is well and healthy. Your baby's health care provider will ...

- Check to make sure your baby is growing normally.
- Give you advice about feeding and baby care.
- Answer your questions.
- Give your baby tests and immunizations (shots) to keep him or her healthy.

This chart shows about when your baby should go for check ups, and what will usually happen at each visit. Your baby's health care provider may give you a different schedule to fit your baby's needs:

AGE AT VISIT

WHAT HAPPENS DURING VISIT	IN HOSP.	1 WK.	1 MO.	2 MOS.	4 MOS.	6 MOS.	9 MOS.	12 MOS.	15 MOS.	18 MOS.	24 MOS.
Discussion & Questions	●	●	●	●	●	●	●	●	●	●	●
Examination	●	●	●	●	●	●	●	●	●	●	●
Measurements of Length, Weight, Head Size	●	●	●	●	●	●	●	●	●	●	●
DTP Shot (diphtheria-tetanus-pertussis)				●	●	●			○	○	
Oral Polio Vaccine				●	●	●					
MMR Shot (measles, mumps and rubella)								○	○		
Hib Vaccine (Schedule A)*				●	●	●		○	○		
Hib Vaccine (Schedule B)*				●	●			○	○		
Hepatitis B (option 1)	●		○	○		○	○	○	○	○	
Hepatitis B (option 2)			○	○	●	○	○	○	○	○	
PKU Test	●	○									
Blood Test for Anemia							○	○			
Test for Lead Exposure						○	○	○			○
Tuberculin Skin Test								●			

● usually done at this age      ○ may be done at this age

\*Schedule depends upon the vaccine used.

Take this book with you and keep a record of baby's health checkups beginning on page 68.

You may select a pediatrician or family physician, a nurse practitioner or a nurse to give health care to your baby. Or you may have a team, including a dentist, a social worker, a nutritionist, a home visitor, and an early childhood educator as well as a doctor and nurse, to provide your baby's health care. If you have other children, you may want to use the same care provider or team for all of them.

Your baby's health care giver will depend on you for information about baby's health and growth. By recording your baby's firsts on pages 64–65, and any illnesses on page 89, you will have useful information to share with your baby's health care provider when it is needed.

Your baby grows and changes very quickly in these first two years. Regular health care visits can help you deal with these changes.



Notes:

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# How to take care of minor problems

## CARE OF UMBILICAL

### CORD:

- The end of the cord will fall off in a couple of weeks after birth.
- Until it falls off, keep it clean and dry.
- Keep diaper below cord so that the cord stays dry.
- Dab with alcohol on a cotton swab 1–2 times each day.
- Call your baby's health care giver if it looks red, irritated, bleeds or oozes, or has a bad odor.

### CARE OF CIRCUMCISION:

- A circumcision should heal in 7–10 days.
- If the tip of the penis is irritated by the diaper, put a little bit of petroleum jelly on the irritated area each time you change the diaper.

### PREVENT DIAPER RASH:

- Change diapers often.
- Wash baby's bottom with soap and warm water at each change.
- Use zinc oxide paste or diaper rash cream on irritated areas.

### TREAT DIAPER RASH:

- Leave baby's diaper area uncovered for a few hours each day. (Place several folded cloth diapers under baby.)
- Use zinc oxide or diaper rash cream on irritated areas after washing.

### TREAT DIARRHEA:

- If you are breastfeeding, continue to do so.
- Call baby's health care giver if your baby won't take liquids, can't keep them down, has a lot of diarrhea, or has diarrhea for longer than 12 hours. *(Diarrhea can be a very serious problem for little babies, who can lose a lot of fluid quickly.)*



- There are special drinks — called oral electrolyte solutions — that infants with diarrhea should be given to keep them from becoming very sick.

#### TREAT COLIC:

- Make sure that your baby is not crying for some other reason (wet diaper, hunger, tight clothing, loneliness).
- Hold baby, stomach down, across your knees.
- Rock your baby.
- Push your baby in a carriage or stroller.

#### SYMPTOMS OF COLIC:

- ☐ Frowning
- ☐ Reddened face
- ☐ Drawing legs up
- ☐ Rumbling gas in stomach
- ☐ Loud screaming

#### SYMPTOMS OF A COLD:

- ☐ Fussiness
- ☐ Loss of appetite
- ☐ Runny nose, sneezing
- ☐ Noisy breathing
- ☐ Red eyes
- ☐ Fever

#### TREAT A COLD:

- Try to make your baby more comfortable.
- Call baby's health care provider if your baby has a fever.

### CALL RIGHT AWAY:

- ☐ Fever
- ☐ Vomiting
- ☐ Jaundice (skin looks yellow)
- ☐ Diarrhea
- ☐ Breathing problems
- ☐ Convulsion
- ☐ Blood in diaper

## When to call the doctor ...

YOU SHOULD CALL YOUR BABY'S HEALTH CARE GIVER IMMEDIATELY IF YOUR BABY:

- Has breathing problems (has to work hard to get air in and out).
- Cries (more or differently from the usual), or moans as if in pain, or is very fussy.
- Has a temperature higher than 100° F.
- Vomits (more than a spit up) or has diarrhea (very watery, loose, foul-smelling stools) more than 2–3 times in a day.
- Has even one large, very watery bowel movement and is less than 3 months old.
- Passes blood or blood clots with urine or bowel movement.
- Has a convulsion (shaking arms and legs).

ALSO CALL IF YOUR BABY:

- Seems weak, has no energy to cry as loudly as usual.
- Refuses to feed or nurses poorly (or doesn't want more than 1/2 of the usual bottle).
- Doesn't wake up as alert as usual, or for older babies, is not playful, even for a short time.
- Just doesn't "seem right" and you are worried.

*When you call the health care provider about your sick baby, write down the advice you get. There is space on the records of health checkups, beginning on page 69, to write your notes. Have available the telephone number of a pharmacy in case your care giver wants to phone in a prescription.*

# How to deal with emergencies

Even when you are careful, your baby could get hurt or get sick. Follow these steps now to be prepared:

- Keep the phone numbers for your health care providers, fire, police, rescue, and poison control center by your phone. The first rule in any emergency is to call for help.
- Find out where the closest emergency center is and how to get there.
- Good ideas for you and your family are the infant CPR and first aid courses offered by your local American Red Cross chapter.



Advice about emergencies from your baby’s care giver:

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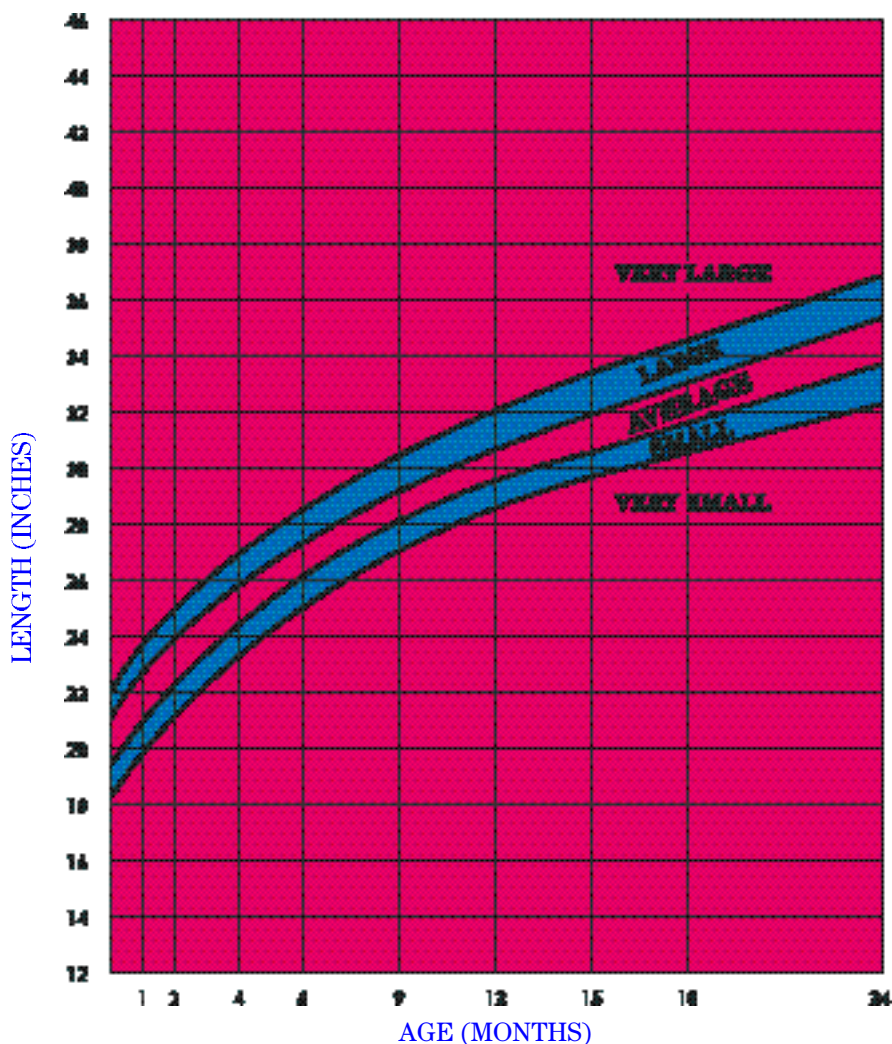
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# Tracking my baby boy's growth

*When you take your baby for a checkup, he will be weighed and measured. Tracking your baby's growth on the charts on these pages can help you remember. It will provide a record if you see more than one health care giver.*

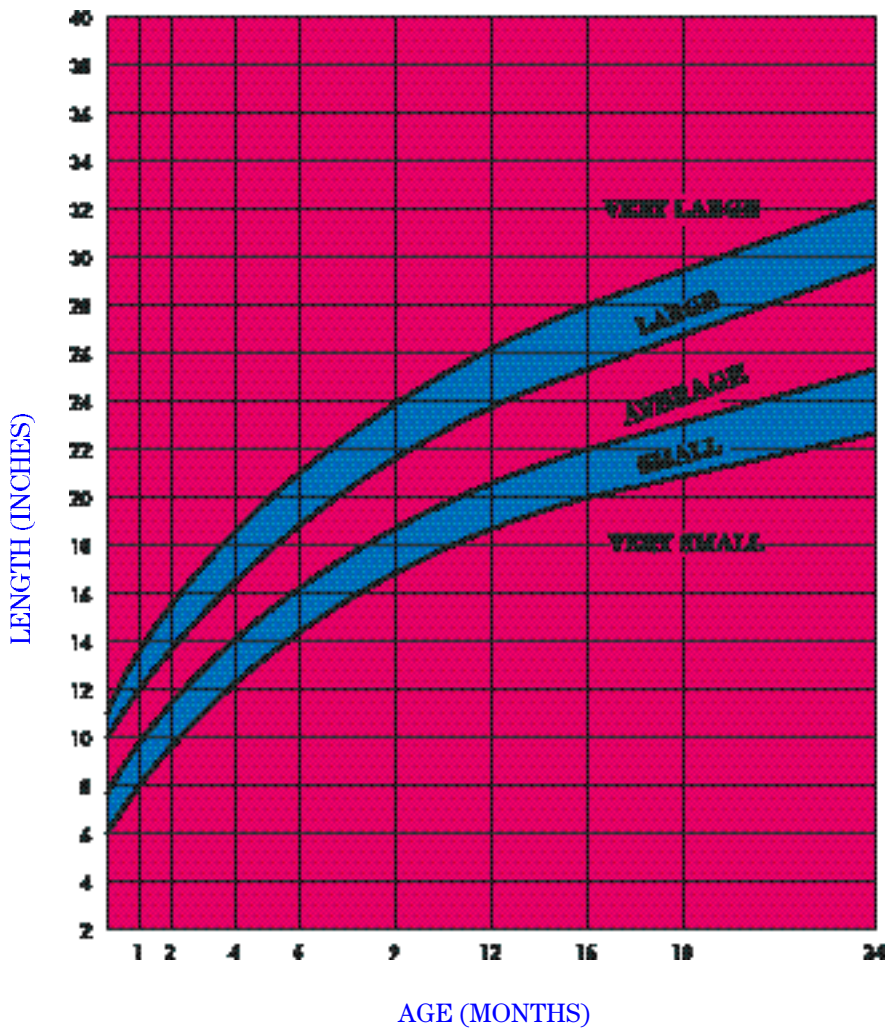
**BOYS FROM BIRTH TO 24 MONTHS  
LENGTH FOR AGE**



*Ask for help if you need it to fill in your baby's weight and length at each checkup.*

Your baby's steady growth in height and weight is one of the best signs that he is healthy. It is regular growth that counts, more than how much or how fast. Ask your baby's health care giver any questions you may have about your baby's growth.

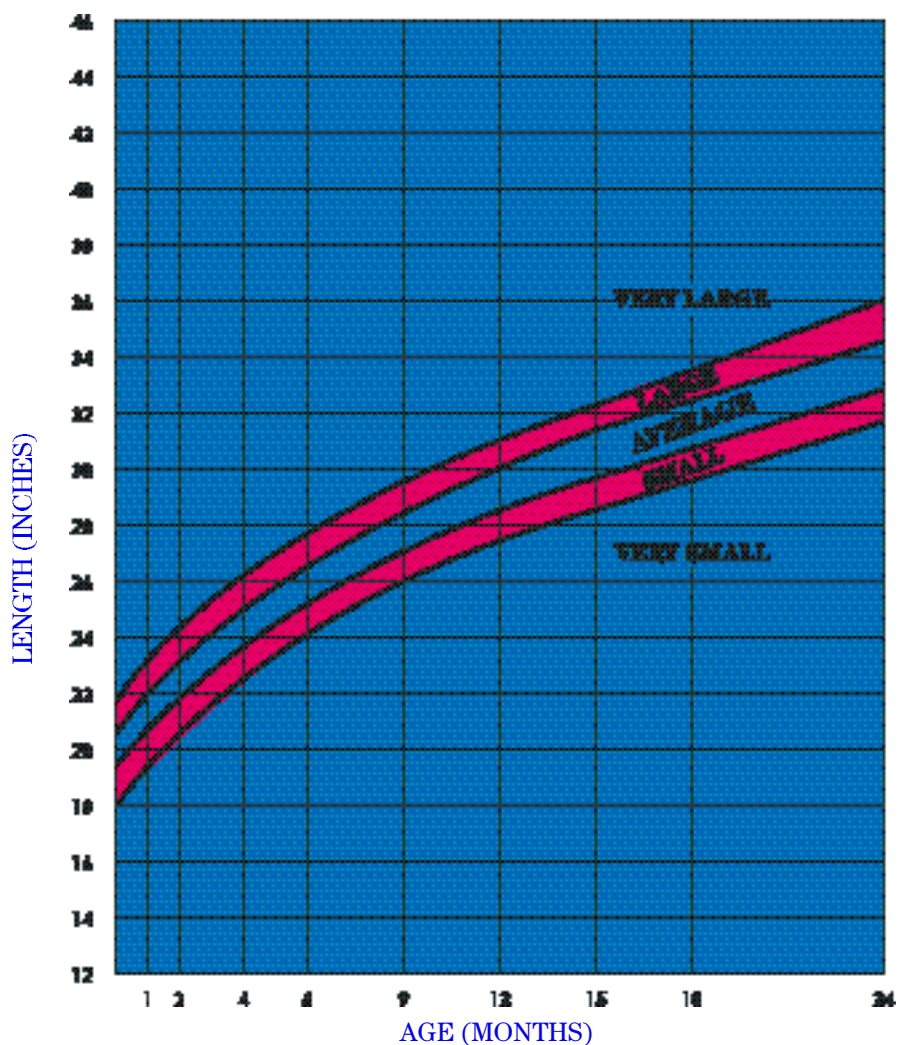
**BOYS FROM BIRTH TO 24 MONTHS  
WEIGHT FOR AGE**



# Tracking my baby girl's growth

*When you take your baby for a checkup, she will be weighed and measured. Tracking your baby's growth on the charts on these pages can help you remember. It will provide a record if you see more than one health care giver.*

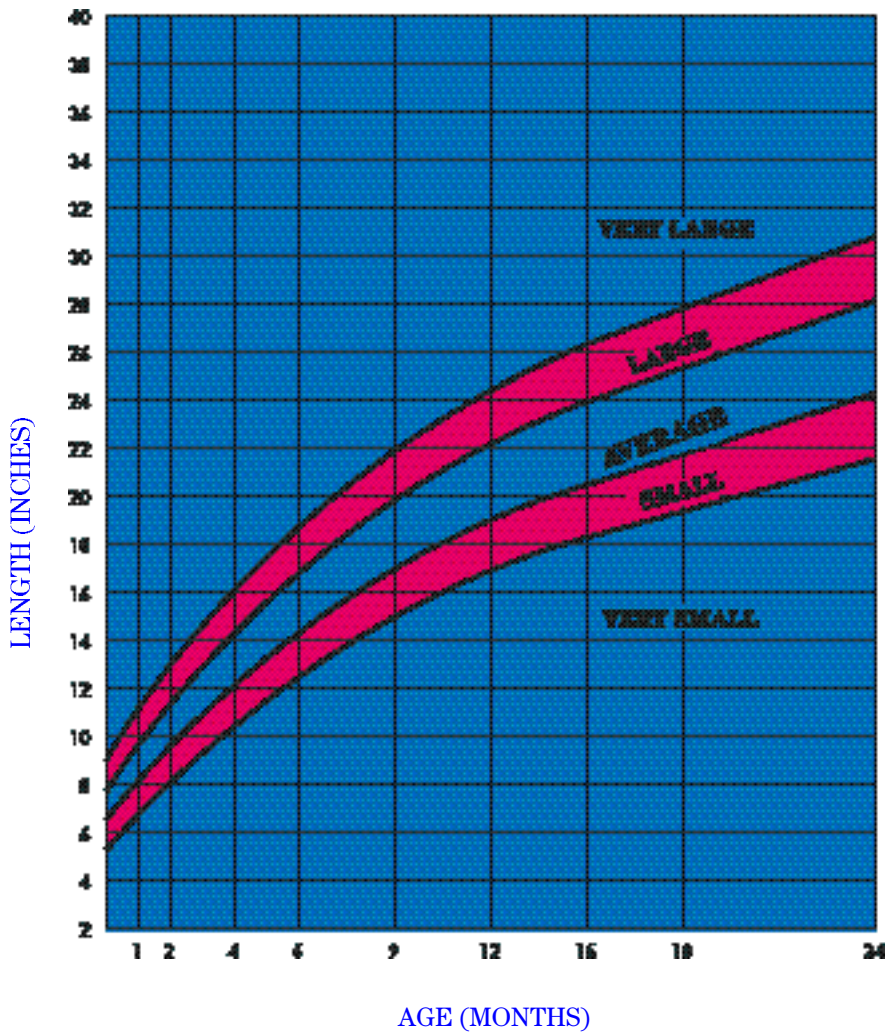
**GIRLS FROM BIRTH TO 24 MONTHS  
LENGTH FOR AGE**



*Ask for help if you need it to fill in your baby's weight and length at each checkup.*

Your baby's steady growth in height and weight is one of the best signs that she is healthy. It is regular growth that counts, more than how much or how fast. Ask your baby's health care giver any questions you may have about your baby's growth.

**GIRLS FROM BIRTH TO 24 MONTHS  
WEIGHT FOR AGE**



# My baby's firsts

*Here are some things  
you and your family  
can look forward to  
your baby doing.  
Write down the date  
you first see your  
baby doing them.*

- Each baby grows in his or her own way. Do not worry if your baby seems different from other babies.
- Ask your baby's health care giver if you have a question about what your baby is doing.
- If your baby was born early, he or she may develop a little later in some ways.
- Babies ahead of or behind the average times given here can still be developing normally.

## BY ABOUT 6 WEEKS

- Pays attention to sounds and makes a few sounds other than crying.
- Looks at mobiles and faces.
- Smiles when you smile or play.

## DATE FIRST SEEN

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## BY ABOUT 5 MONTHS

- Rolls over.
- Holds head upright while lying on stomach.
- Laughs and giggles.
- Reaches for and holds objects.

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## BY ABOUT 8 MONTHS

## DATE FIRST SEEN

- Sits without support when placed in a sitting position. \_\_\_\_\_
- Creeps (pulls body with arm and leg kicks). \_\_\_\_\_
- Responds to own name. \_\_\_\_\_

## BY ABOUT 10 MONTHS

- Stands, holding on. \_\_\_\_\_
- Pushes arms through for dressing. \_\_\_\_\_
- Understands “no.” \_\_\_\_\_
- Plays peek-a-boo. \_\_\_\_\_

## BY ABOUT 12 MONTHS (1 YEAR)

- Walks, holding on to something. \_\_\_\_\_
- Copies your speech. \_\_\_\_\_
- Waves bye-bye. \_\_\_\_\_

## BY ABOUT 18 MONTHS

- Says 20–30 words. \_\_\_\_\_
- Drinks from a cup on own; uses spoon. \_\_\_\_\_
- Plays with a ball, stacks blocks. \_\_\_\_\_

## BY ABOUT 24 MONTHS (2 YEARS)

- Runs well. \_\_\_\_\_
- Says too many words to count. Puts words together. \_\_\_\_\_
- Feeds self with spoon or fork. \_\_\_\_\_
- Likes to “help” with chores. \_\_\_\_\_

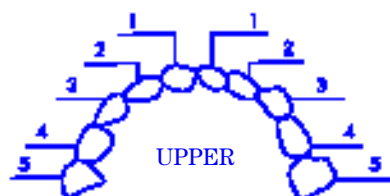
# My baby's teeth

Write in  
on the lines below  
the date you  
first saw each  
of your baby's teeth.

- Do not worry if your baby's teeth come in earlier or later than the dates shown here. Babies can chew most foods with their gums!
- Clean your baby's teeth gently as soon as they appear. Use a soft toothbrush, soft cloth or gauze at least once a day, after feeding.
- Be sure that your baby is getting fluoride from the water supply or from drops to help protect against cavities.

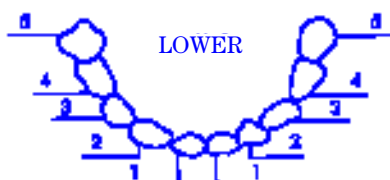
- Do not put your baby to bed with a bottle to help him or her sleep. Sugar in drinks — even milk and formula — that stays in your baby's mouth can cause baby bottle tooth decay.

AS YOU FACE YOUR CHILD ...



BABY'S RIGHT

BABY'S LEFT



UPPER

1. Central Incisor (about 7 1/2 mo.)
2. Lateral Incisor (about 9 mo.)
3. Cuspids (about 18 mo.)
4. First Year Molar (about 14 mo.)
5. Second Year Molar (about 24 mo.)

LOWER

5. Second Year Molar (about 20 mo.)
4. First Year Molar (about 12 mo.)
3. Cuspids (about 16 mo.)
2. Lateral Incisor (about 7 mo.)
1. Central Incisor (about 6 mo.)

DATE TOOTH APPEARS

_____
_____
_____
_____
_____
_____
_____
_____
_____
_____



Talking with your baby's health care giver is the most important part of each checkup. The care giver will want to discuss with you concerns you have. Between visits, write down your questions so that you can remember to ask them at your next visit.

# 1 week

## YOUR BABY AND YOU:

- Baby's navel should be healed about 2–3 weeks after birth. If your baby boy was circumcised, he should heal in 1–2 weeks.
- Baby will eat every 2–3 hours.
- Most new parents are tired. Try to rest when your baby sleeps.
- Never leave your baby alone in a room (except in a crib or playpen), outside, in a bath, or in a car.
- Check the temperature of your baby's bath water by dipping your elbow in the water. The water should feel warm but not hot.

Questions I want to ask:

1. *How much should my baby sleep?*

2. *Will my baby need fluoride drops to protect his/her teeth?*

3.

4.

Advice and answers to my questions:

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# First newborn health checkup visit

Date: \_\_\_\_\_

Name of Health Care Giver Seen:

\_\_\_\_\_

Baby's Age (weeks): \_\_\_\_\_

Weight: \_\_\_\_\_

Length: \_\_\_\_\_

Head Circumference: \_\_\_\_\_

Tests/Immunizations:

☐ Newborn Screening

Blood Type: \_\_\_\_\_

List any other tests/shots/developmental screening your baby had:

\_\_\_\_\_

**Date of Next Appointment:** \_\_\_\_\_

Other visits or problems since baby's last appointment:

Problem

Date

Advice/Treatment

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*Ask any questions you have about what an immunization (shot) or test is for, about the baby's reaction, or about the results.*

*Record each immunization your baby gets on page 90.*

# 1 month

## YOUR BABY AND YOU:

- Some babies will sleep almost all of the time.
- It is important to talk to your baby when you feed, change, bathe, or play with him or her and listen when your baby makes sounds. Your baby will begin to respond to you, smiling and squealing as you talk to him or her.
- Always use the car safety seat. Check the instructions or ask for help if you are not sure how to use it correctly.
- Don't let people smoke around your baby.

Questions I want to ask:

1. *How do I know my baby is getting enough to eat?*

2. *How often should I bathe my baby?*

3.

4.

Advice and answers to my questions:

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# My baby's health checkup visit

Date: \_\_\_\_\_

Name of Health Care Giver Seen: \_\_\_\_\_

Baby's Age: \_\_\_\_\_

Weight: \_\_\_\_\_

Length: \_\_\_\_\_

Head Circumference: \_\_\_\_\_

Tests/Immunizations:

☐ Hepatitis B

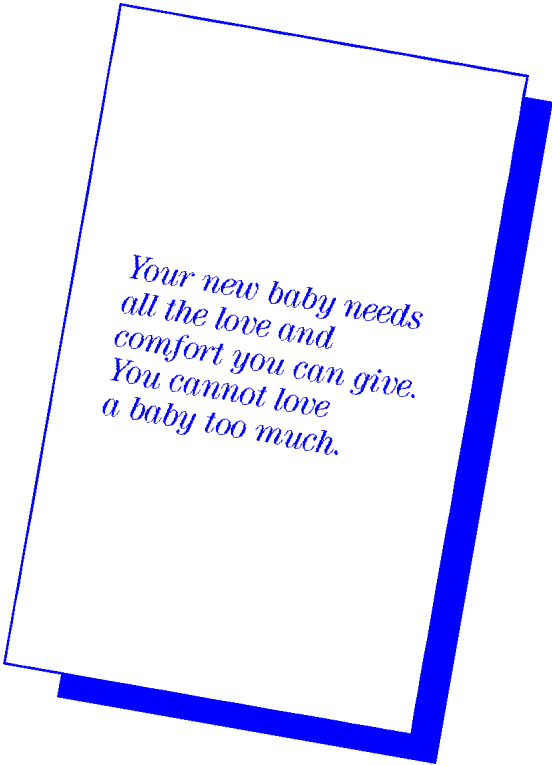
List any other tests/shots/developmental screening your baby had:

**Date of Next Appointment:** \_\_\_\_\_

Other visits or problems since baby's last appointment:

Problem	Date	Advice/Treatment
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_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



## 2 months

### YOUR BABY AND YOU:

- Most babies gain about a 1/2 pound a week during the first few months.
- Your baby wiggles a lot and can roll off of a flat surface. Never leave or turn your back on a baby who is on a table, bed, counter, or chair.
- If you plan to go back to work, it is important—for you and your baby—to feel that you have made the right choice of child care. Talk to your baby's health care provider if you have questions about child care. Your local health department may have a list of child care providers.

### Questions I want to ask:

1. *What reactions should I look for after my baby's shots?*

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2. *When should I start giving my baby solid food?*

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3. *How can I continue to breastfeed when I return to work?*

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4.

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### Advice and answers to my questions:

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# My baby's health checkup visit

Date: \_\_\_\_\_

Name of Health Care Giver Seen:

\_\_\_\_\_

Baby's Age: \_\_\_\_\_

Weight: \_\_\_\_\_

Length: \_\_\_\_\_

Head Circumference: \_\_\_\_\_

Tests/Immunizations:

☐ DTP

☐ Hib

☐ Polio

☐ Hepatitis B

List any other tests/shots/developmental screening your baby had:

\_\_\_\_\_

**Date of Next Appointment:** \_\_\_\_\_

Other visits or problems since baby's last appointment:

Problem	Date	Advice/Treatment
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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*Remember to chart  
your baby's growth  
on pages 60 and 61  
(for boys) or pages  
62 and 63 (for girls).*



## 4 months

### YOUR BABY AND YOU:

- Your baby may begin to hold his or her head up while lying on the stomach, and soon will be able to roll over.
  - Your baby will soon move around quickly, hold and put things in his or her mouth. Watch your baby closely. Be sure all objects small enough to fit in baby's mouth are out of reach.
  - Always use safety straps on a high chair or any baby seat.
  - Breast milk and formula are complete foods—all your baby needs for the first 5 to 6 months.
- It is impossible to “spoil” your baby, or give your baby too much love. You and your family should enjoy cuddling and playing with your baby.

Questions I want to ask:

1. *Is my baby growing normally?*

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2. *How can my other children help me with the baby?*

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3.

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4.

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Advice and answers to my questions:

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# My baby's health checkup visit

Date: \_\_\_\_\_

Name of Health Care Giver Seen:

\_\_\_\_\_

Baby's Age: \_\_\_\_\_

Weight: \_\_\_\_\_

Length: \_\_\_\_\_

Head Circumference: \_\_\_\_\_

Tests/Immunizations:

☐ DTP      ☐ Hib      ☐ Polio      ☐ Hepatitis B

List any other tests/shots/developmental screening your baby had:

\_\_\_\_\_

**Date of Next Appointment:** \_\_\_\_\_

Other visits or problems since baby's last appointment:

Problem	Date	Advice/Treatment
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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*Remember to record  
all illnesses and  
immunizations on  
pages 89 and 90.*

# 6 months

## YOUR BABY AND YOU:

- Your baby may begin to stretch his or her arms out to be picked up.
- Let your baby try drinking from a cup.
- Most babies gain about 1 pound a month for the next 6 months.
- First teeth appear about now, but they could come in sooner or later.
- Cover all unused electric outlets with safety caps or tape. Keep all electric cords out of baby's reach.
- Talk to your baby's health care giver if you think that your baby has been

around chipping or flaking paint. Old paint may contain lead. Babies who chew or swallow lead paint can get sick.

Questions I want to ask:

1. *What should I do to make my home safe for my baby?*

2. *What should I do if teething makes my baby fussy?*

3. *How can I get my baby to sleep through the night?*

4.

Advice and answers to my questions:

# My baby's health checkup visit

Date: \_\_\_\_\_

Name of Health Care Giver Seen:

\_\_\_\_\_

Baby's Age: \_\_\_\_\_

Weight: \_\_\_\_\_

Length: \_\_\_\_\_

Head Circumference: \_\_\_\_\_

Tests/Immunizations:

- ☐ DTP      ☐ Hib      ☐ Polio      ☐ Hepatitis B
- ☐ Test for lead exposure

List any other tests/shots/developmental screening your baby had:

\_\_\_\_\_

**Date of Next Appointment:** \_\_\_\_\_

Other visits or problems since baby's last appointment:

Problem	Date	Advice/Treatment
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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*Ask any questions  
you have about what  
an immunization or  
test is for or about  
the results.*

# 9 months

## YOUR BABY AND YOU:

- Your baby can sit up now when placed in a sitting position.
- Soon your baby will sit up on his or her own, crawl, and stand.
- Any baby who can crawl must be kept away from stairways and things that can be pulled over.
- Baby-proof all cupboards and drawers that are in baby's reach. Keep all hot foods, hot pans, cleaners, medicines, liquor, bug sprays, and cosmetics out of reach.
- Do not leave a bottle of formula or juice with your

baby to help him or her sleep. The sugar in these drinks that stays in your baby's mouth can cause baby bottle tooth decay.

Questions I want to ask:

1. *What should I do if I think my baby swallowed something harmful?*

2. *How can I get my baby to give up the bottle?*

3.

4.

Advice and answers to my questions:

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# My baby's health checkup visit

Date: \_\_\_\_\_

Name of Health Care Giver Seen:

\_\_\_\_\_

Baby's Age: \_\_\_\_\_

Weight: \_\_\_\_\_

Length: \_\_\_\_\_

Head Circumference: \_\_\_\_\_

Tests/Immunizations:

☐ Blood test (for anemia)

☐ Test for lead exposure

☐ Hepatitis B

List any other tests/shots/developmental screening your baby had:

\_\_\_\_\_

**Date of Next Appointment:** \_\_\_\_\_

Other visits or problems since baby's last appointment:

Problem	Date	Advice/Treatment
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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*Remember to record  
all illnesses and  
immunizations on  
pages 89 and 90.*



# 12 months

## YOUR BABY AND YOU:

- Your baby may say a few words, wave bye-bye, and walk, holding on to something.
- When your baby starts to walk, remember to block off stairs.
- Your baby will likely eat most of what the rest of the family eats. Chop or mash it into small pieces. Avoid hot dog pieces, raisins, peanuts, popcorn, whole grapes, or other food that will be hard to chew or could cause choking.
- Talk with your baby's health care giver about

switching from breast milk or formula to whole milk. Replace your baby's bottle with a drinking cup.

Questions I want to ask:

1. *How do I teach my baby what "no" means?*

2. *Does my baby need vitamins?*

3. *When should I take my baby to the dentist?*

4.

Advice and answers to my questions:

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# My baby's health checkup visit

Date: \_\_\_\_\_

Name of Health Care Giver Seen:

\_\_\_\_\_

Baby's Age: \_\_\_\_\_

Weight: \_\_\_\_\_

Length: \_\_\_\_\_

Head Circumference: \_\_\_\_\_

Tests/Immunizations:

- ☐ TB skin test      ☐ Hib      ☐ MMR      ☐ Hepatitis B
- ☐ Blood test (for anemia)      ☐ Test for lead exposure

List any other tests/shots/developmental screening your baby had:

\_\_\_\_\_

**Date of Next Appointment:** \_\_\_\_\_

Other visits or problems since baby's last appointment:

Problem	Date	Advice/Treatment
---------	------	------------------

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*Remember to chart  
your baby's growth  
on pages 60 and 61  
(for boys) or pages  
62 and 63 (for girls).*

# 15 months

## YOUR BABY AND YOU:

- Your baby is probably walking, feeding him or herself using a spoon and cup, and saying more words.
- Keep small, mouth-sized objects out of baby's reach.
- Your baby will grow more slowly from now on, and may eat less.
- Talk with your baby's health care provider if you have questions about what and how much your baby is eating.

Questions I want to ask:

1. *What do I do if my baby has a "temper tantrum"?*

2. *How can I play with my baby?*

3.

4.

Advice and answers to my questions:

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# My baby's health checkup visit

Date: \_\_\_\_\_

Name of Health Care Giver Seen:

\_\_\_\_\_

Baby's Age: \_\_\_\_\_

Weight: \_\_\_\_\_

Length: \_\_\_\_\_

Head Circumference: \_\_\_\_\_

Tests/Immunizations:

☐ DTP

☐ MMR

☐ Hib

☐ Hepatitis B

List any other tests/shots/developmental screening your baby had:

\_\_\_\_\_

**Date of Next Appointment:** \_\_\_\_\_

Other visits or problems since baby's last appointment:

Problem	Date	Advice/Treatment
---------	------	------------------

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*Ask any questions  
you have about what  
a shot or test is for or  
about the baby's  
reactions to them.*

# 18 months

## YOUR BABY AND YOU:

- Your baby will try taking off his or her own clothes.
- Your baby may let you know what he or she likes and does not like.
- Your baby will point to his or her body parts when you ask “where is your (nose)?” Your baby can follow some simple directions (such as “get the ball”).
- As your baby gets older, sleeping patterns may change. Talk with your baby’s health care giver if you have questions or concerns about naps and bedtime.

Questions I want to ask:

1. *When should I begin toilet training?*

2. *How can I get my baby to behave?*

3.

4.

Advice and answers to my questions:

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# My baby's health checkup visit

Date: \_\_\_\_\_

Name of Health Care Giver Seen:

\_\_\_\_\_

Baby's Age: \_\_\_\_\_

Weight: \_\_\_\_\_

Length: \_\_\_\_\_

Head Circumference: \_\_\_\_\_

Tests/Immunizations:

☐ DTP

☐ Hepatitis B

List any other tests/shots/developmental screening your baby had:

\_\_\_\_\_

**Date of Next Appointment:** \_\_\_\_\_

Other visits or problems since baby's last appointment:

Problem	Date	Advice/Treatment
---------	------	------------------

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*Remember to record  
all illnesses and  
immunizations on  
pages 89 and 90.*



## 24 months

### YOUR CHILD AND YOU:

- Your baby is starting to put words together. It is fun to talk with your child and encourage verbal communication (the use of words).
- Your child may be able to climb stairs alone and open doors.
- Watch your toddler closely to keep him or her away from unsafe areas.
- It is important that your child have all the “shots” recommended for an infant.

Questions I want to ask:

1. *Where can I find out about preschools?*

2.

3.

4.

Advice and answers to my questions:

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# My baby's health checkup visit

Date: \_\_\_\_\_

Name of Health Care Giver Seen:

\_\_\_\_\_

Baby's Age: \_\_\_\_\_

Weight: \_\_\_\_\_

Length: \_\_\_\_\_

Head Circumference: \_\_\_\_\_

Tests/Immunizations:

☐ Test for lead exposure

List any other tests/shots/developmental screening your child had:

\_\_\_\_\_

**Date of Next Appointment:** \_\_\_\_\_

Other visits or problems since child's last appointment:

Problem	Date	Advice/Treatment
---------	------	------------------

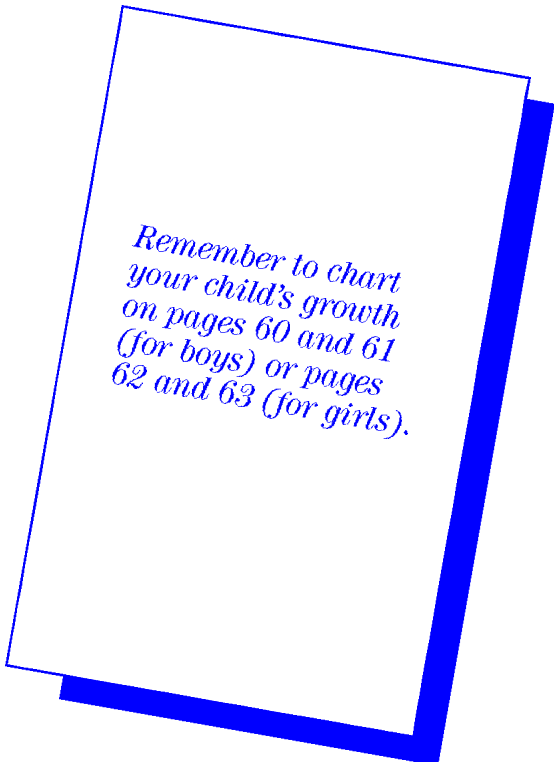
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# Acknowledgements

The *Health Diary* was planned and developed by a work group of the Maternal and Child Health Bureau that brought a broad range of professional training and experience to the task. Members of the work group are: Stephanie Dort Bryn, MPH; Susan Givens, RN, MPH; Nancy Haliburton, RN, MSN; David Heppel, MD; Vince L. Hutchins, MD, MPH; Kenneth Keppel, PhD; Woodie Kessel, MD, MPH; Laura Kruse, MPH; Geraldine Norris, RN, MSN; Julia Plotnick, RNC, MPH; Barbara Tausey, MD; George Walter, MPH; and Ina Heyman, editor.

The text was written by Elaine Bratic Arkin. The book was designed by Laurel A. Vaughan, with illustrations by Martha Vaughan and Michael Felish. Desktop publishing was done by Cynthia Yockey and production coordinator was Kathy Holman.

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American Academy of Pediatrics  
American Academy of Pediatric Dentistry  
American College of Nurse Midwives  
American College of Obstetricians and Gynecologists  
American Nurses Association  
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Food and Nutrition Service, USDA  
Institute of Medicine, National Academy of Sciences  
National Association of Pediatric Nurse Associates and Practitioners  
National Commission to Prevent Infant Mortality  
The Organization for Obstetric, Gynecologic, and Neonatal Nurses and the  
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Health Care Financing Administration  
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Office of the Assistant Secretary for Health, USDHHS

The Bureau thanks the many pregnant women, mothers, families, and their health care givers whose advice was particularly helpful in creating the *Health Diary* for patients and providers.



## Record of Illnesses

[illegible]

*Some illnesses you might want to record here include ear infections, skin diseases, urinary infections, strep infections, pneumonia, tonsillitis, chicken pox, rubella (German measles), mumps, and measles.*

# VACCINATIONS

Here is the updated schedule of vaccinations. Vaccinations protect your child from a number of very serious illnesses. Every time your child receives a vaccination, enter the date on this chart. Then you will have a complete record. Ask your child's doctor or nurse about vaccinations and possible side effects.

Hepatitis B			Inactivated Polio		
Dose	Age	Date	Dose	Age	Date
First	Between birth and 2 months		First	At 2 months	
Second	Between 1 and 4 months		Second	At 4 months	
Third	Between 6 and 18 months		Third	Between 6 and 18 months	
			Fourth	Between 4 and 6 years of age	
Diptheria, Tetanus, Pertusis			Measles, Mumps, Rubella		
First	At 2 months		First	Between 12 and 15 months	
Second	At 4 months		Second	Between 4 and 6 years	
Third	At 6 months		Varicella		
Fourth	Between 15 and 18 months		First	Between 12 and 18 months	
Fifth	Between 4 and 6 years of age				
H. Influenza type b			Pneumococcal Conjugate		
First	At 2 months		First	At 2 months	
Second	At 4 months		Second	At 4 months	
Third	At 6 months		Third	At 6 months	
Fourth	Between 12 and 15 months		Fourth	Between 12 and 15 months of age	
Recommendations of the American Academy of Pediatrics for the Childhood Immunization Schedule, United States, January—December 2001					

## Comment Card

We hope that this handbook is helpful for you. Please take a few minutes to answer the questions below. Thank you.

1. Have you found the information in this booklet helpful?

☐ Yes    ☐ No

2. Was there anything that was unclear or confusing?

☐ Yes    ☐ No

If yes, what?

3. Do you have any suggestions about how we can make this booklet better?

4. Would you like more information?

☐ Yes, please send me *Prenatal Care*.

☐ Yes, please send me *Infant Care*.

Name: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Fold and seal this card with a staple or tape. Drop it in the mail.  
No postage is needed.

# Fetal Growth and Development



## 8 Weeks

Fetus is 1 inch long,  
weighs less than 1 ounce.



## 12 Weeks

Fetus is 3 to 4 inches long,  
weighs about 1 ounce.



## 16 Weeks

Fetus is 6 to 8 inches long,  
weighs about 6 ounces.



### **20 Weeks**

Fetus is 8 to 12 inches long, weighs 1/2 to 1 pound.



### **24 Weeks**

Fetus is about 14 inches long, weighs 1 to 1 1/2 pounds.



### **28 Weeks**

Fetus is about 15 inches long, weighs about 3 pounds.



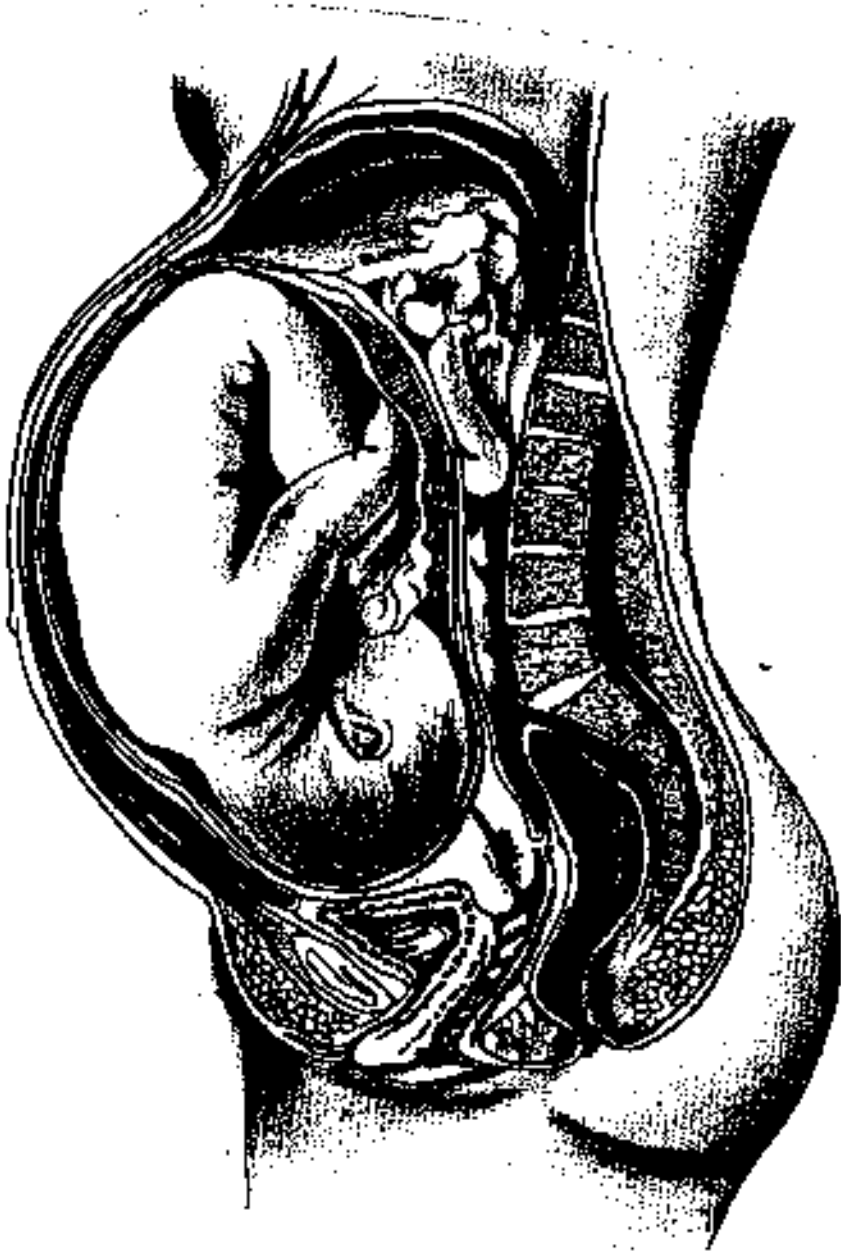
### **32 Weeks**

Fetus is about 18 inches long,  
weighs about 5 pounds.



### **36 Weeks**

Fetus is about 19 inches long,  
weighs about 6 pounds.



## **40 Weeks**

At term (when fully grown), baby will be about 20 inches long and weigh 7 to 8 pounds.